

Swimming

& AQUATICS

Dublin Swim Center

8157 Village Parkway
(925) 556-4590

The Dublin Swim Center is conveniently located next to Dublin High School. This community facility includes two heated swimming pools—a wading pool for preschool aged children and the main pool which features a shallow tot area, waterslide, lap area, and deep end with a 1-meter diving board.

Aquatics programs include

- swim lessons for all ages
- recreational swimming
- lap swimming
- competitive swimming classes
- certification classes

Office Hours

Summer 2015

June 15 – August 20

Mon–Thu 9:00 AM–8:00 PM

June 19 – August 21

Fri 1:00 PM–4:30 PM

June 20 – September 6

Sat & Sun 1:00 PM–5:00 PM

Recreational Swimming

5/2–9/7* Sat & Sun 1:00 PM–5:00 PM

6/15–8/21 Mon–Fri 1:00 PM–4:30 PM

6/22–8/19 Mon & Wed 7:00 PM–9:00 PM

* includes Memorial Day on 5/25 and Labor Day on 9/7

Daily Admission Fees

All Ages \$3.50

Swim Passes (15 swims)*

Resident \$45.50

Non Resident \$52.50

Family Season Passes*

A family pass can save you money and be more convenient! Family passes may be used during recreational swim hours from May 2 to September 7, 2015, by any immediate family member residing at the same address (maximum of 6 people).

Resident \$165

Non Resident \$198



Lap Swim/Water Walking

Swimming is one of the best forms of exercise. Swimming is especially beneficial to those who are pregnant, have back problems or sore joints. Lanes and equipment are provided. Swimmers of all abilities are welcome. Lap Swimming is conveniently offered at the same time as swimming lessons. Take advantage of this opportunity to get some exercise while your child takes lessons. Circle swimming may be enforced in order to accommodate more swimmers if it is crowded.

Summer Lap Swim/Water Walking

June 15 – August 20 Mon–Thu 10:00 AM–1:00 PM

Mon/Wed 4:30–7:00 PM

Tue/Thu 4:30–8:00 PM

Lap Swim/Water Walking Fees

Adult/Teen \$3.75

Senior \$3.50

Lap Swim/Water Walking Passes*

(15 visits)

Resident

Non Resident

Adult/Teen/Senior

\$48.75

\$56.25

* Passes are valid for the 2015 season and are non-transferable.
Refunds will not be issued for unused visits.



See page 43 for Red Cross Lifeguard Training and Title 22, and Water Safety Instructor classes

SWIMMING LESSONS

The City of Dublin's swim lesson program is designed to promote learning in a safe and comfortable swimming environment. Our instructors are fully trained with the latest swimming and water safety instructional techniques.

Please read the course descriptions carefully before you select a class, to ensure that the student is placed in the appropriate level. Classes are available for all ages and abilities. Each level of the program includes training in basic water safety, in addition to the skills outlined below.



Swim lessons are held rain or shine.

Tiny Tots and Toddler Lessons

Pollywogs (Parent/Tiny Tots) – Ages 6 months to 2 years

Guppies (Parent/Toddler) – Ages 3 years to 4 years

Are you looking to start your young child's relationship with the water? This water exploration class is designed to give young students exposure to water safety and swimming techniques. The adult is the primary instructor for the student and will be required to be in the water. All classes will be directed by an instructor who will lead the class through age-appropriate water games and beginning swimming techniques to enhance the child's comfort in the water.

Preschool Lessons (Ages 3 – 5 years)

For the following levels, the student must be willing to work without a parent in the water.

Minnows PS1: Water Exploration

Do you want to start your child in swimming lessons? This class focuses on the most elementary aquatic skills which your child will continue to build on as they progress through the swim lesson levels. At this first level, children start developing good attitudes and safe practices through supported teaching techniques that will enhance their comfort in and around the water.

Starfish PS2: Primary Skills

The objectives of this class are to build on the basic aquatic skills learned in the Minnows class and to give participants further success with fundamental aquatic skills performed to a slightly more advanced degree than at the Minnows class. This level marks the beginning of independent aquatic locomotion skills.

Prerequisite: Completion of Minnows or equivalent course

Seahorse PS3: Stroke Readiness

This class is designed for children that can swim on their front and back for a minimum of 15 feet and are comfortable submerging themselves underwater. Participants continue to improve coordination of combined arm and leg actions. As in all levels, additional safety skills will be presented.

Prerequisite: Completion of Starfish or equivalent course

Youth Lessons (Ages 6 – 14 years)

Otters Y1: Introduction to Water Skills

Do you want to start your child in swimming lessons? This class focuses on the most elementary aquatic skills which your child will continue to build on as they progress through the swim lesson levels. At this first level, children start developing good attitudes and safe practices through supported teaching techniques that will enhance their comfort in and around the water.

Sunfish Y2: Fundamental Aquatic Skills

The objective of this class is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop arm and leg actions on the front and back that lay the foundation for future strokes.

Prerequisite: Completion of Otters or Minnows

Whales Y3: Stroke Development

This class is designed to build on previously learned skills by providing additional guided practice. Participants learn to survival float, swim the front crawl and elementary backstroke. The scissors and dolphin kicks are introduced and participants build on the fundamentals of treading water. Participants also learn rules for headfirst entries and learn to enter the water headfirst from a seated position at poolside.

Prerequisite: Completion of Sunfish or Starfish

Marlins Y4: Stroke Improvement

Participants continue to improve their skills and increase their endurance by swimming familiar strokes at greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke, and butterfly and the basics of turning at a wall.

Prerequisite: Completion of Whales

Dolphins Y5: Stroke Refinement

The purpose of this class is to improve coordination and refinement of strokes. Participants refine their performance of all the strokes and increase their distances. Flip turns on the front and back are also introduced. This class is designed for youths that can swim at least 15 yards in each swimming stroke.

Prerequisite: Completion of Marlins

Sharks Y6: Swimming and Skill Proficiency

Do you think your child has learned all they can about swimming? Guess again! This Sharks class is designed for youths that can swim at least 25 yards in each swimming stroke. Students will continue to work on advanced stroke technique and endurance while learning advanced swimming and water safety techniques.

Prerequisite: Completion of Dolphins or equivalent course

Private Swimming Lessons

Instruction is available on a one-to-one basis for both children and adults. Private lessons are for those who want more individualized attention. Private lessons are 25 minutes in length and held rain or shine. Children must be at least 3 years old to participate in private lessons.

Swim Lesson Assessment Day Saturday, May 30, 10:00AM-12:00PM

Assessment periods will begin every 15 minutes

This is an opportunity for participants to spend a few minutes in the water with one of our experienced swim instructors. Participants will be separated into small groups based on ability. Swim instructors will review standard swimming techniques and give their recommendation of which level the participant should enroll in.

Summer Session I: Mornings

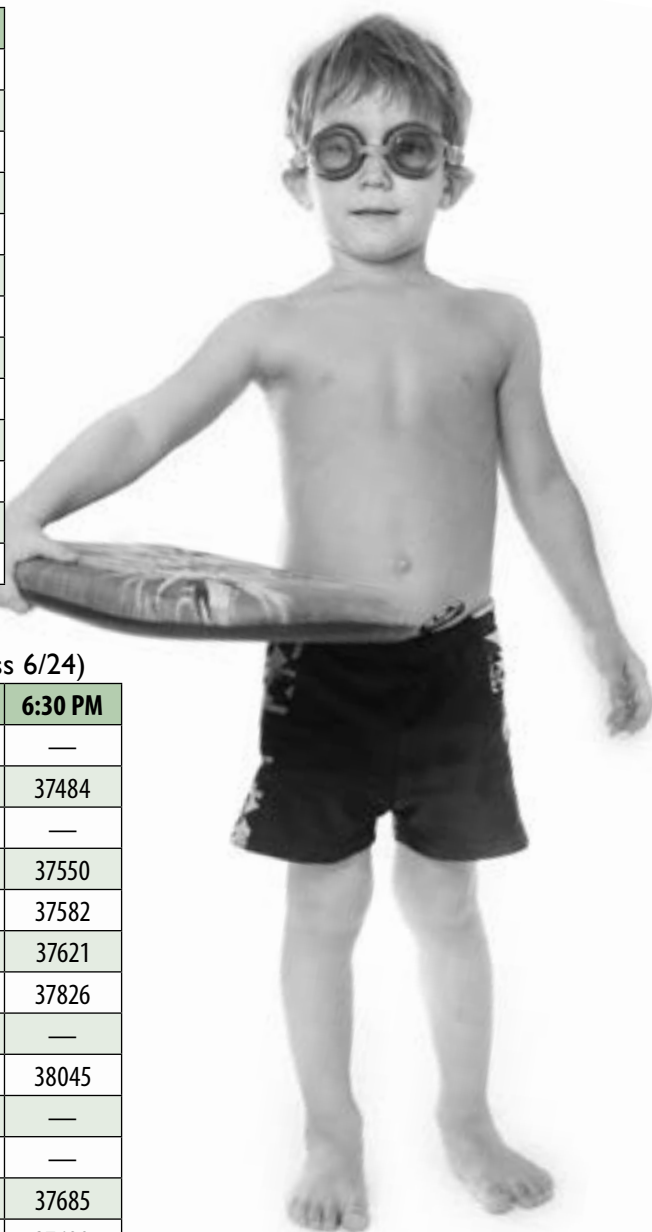
June 15 – June 25: Monday – Thursday (8 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM
Pollywogs	\$42/\$51	—	37457	37458	—
Guppies	\$42/\$51	37478	—	—	—
Minnows PS1	\$60/\$72	37494	37495	—	37496
Starfish PS2	\$60/\$72	—	37534	37535	—
Seahorse PS3	\$60/\$72	37601	—	37568	—
Otters Y1	\$60/\$72	37603	37636	—	37604
Sunfish Y2	\$60/\$72	37802	—	37803	37804
Whales Y3	\$60/\$72	—	37985	37986	37987
Marlins Y4	\$51/\$61	38033	—	38034	—
Dolphins Y5	\$51/\$61	—	—	—	38067
Sharks Y6	\$51/\$61	—	38090	—	38091
Private: 6/15-6/18	\$148/\$178	37643	37644	37645	37646
Private: 6/22-6/25	\$148/\$178	37647	37648	37649	37650

Summer Session I: Evenings

June 15 – June 25: Monday – Thursday (7 Classes; no class 6/24)

CLASS LEVEL	FEE (R/NR)	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$37/\$42	—	—	—	37466	—
Guppies	\$37/\$42	—	—	—	—	37484
Minnows PS1	\$53/\$63	37516	37517	37518	37515	—
Starfish PS2	\$53/\$63	—	37547	37548	37549	37550
Seahorse PS3	\$53/\$63	37580	37581	—	—	37582
Otters Y1	\$53/\$63	37618	—	37619	37620	37621
Sunfish Y2	\$53/\$63	37823	37824	37825	—	37826
Whales Y3	\$53/\$63	38006	38007	38008	38009	—
Marlins Y4	\$45/\$54	—	38044	—	—	38045
Dolphins Y5	\$45/\$54	38077	—	38078	—	—
Sharks Y6	\$45/\$54	—	—	—	38100	—
Private: 6/15-6/18	\$148/\$178	37681	37682	37683	37684	37685
Private: 6/22, 23 & 25	\$111/\$133	37686	37687	37688	37689	37690



Summer Session 2: Mornings

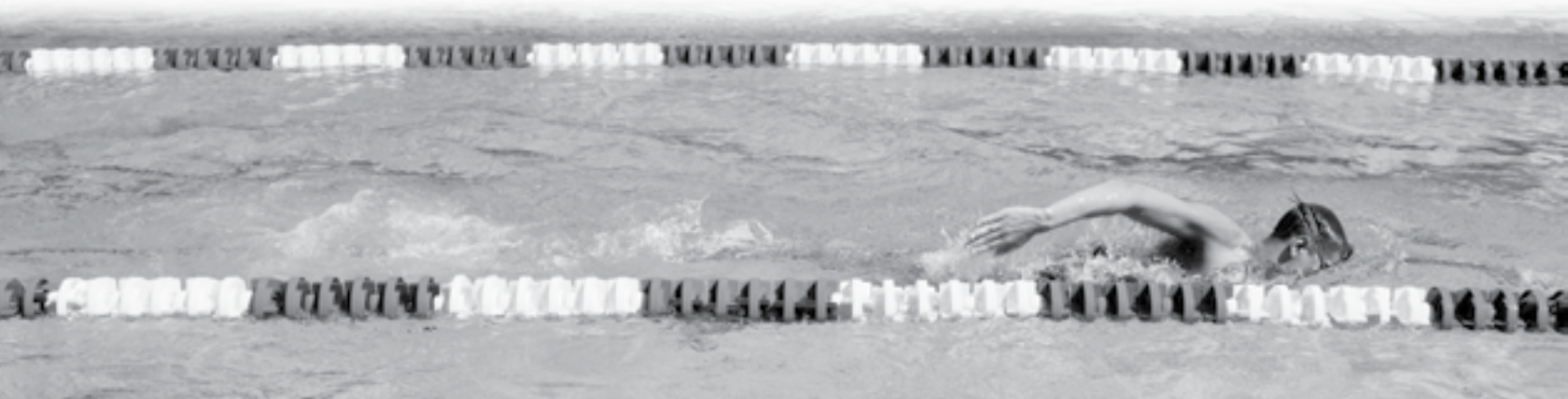
June 29 – July 9: Monday – Thursday (8 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM
Pollywogs	\$42/\$51	37459	—	—	37460
Guppies	\$42/\$51	—	37479	—	—
Minnows PS1	\$60/\$72	37497	37498	—	37499
Starfish PS2	\$60/\$72	—	37536	37537	37538
Seahorse PS3	\$60/\$72	37569	—	37570	—
Otters Y1	\$60/\$72	—	37605	—	37606
Sunfish Y2	\$60/\$72	37805	—	37806	—
Whales Y3	\$60/\$72	38028	37991	37990	37989
Marlins Y4	\$51/\$61	—	—	—	—
Dolphins Y5	\$51/\$61	38069	—	—	38068
Sharks Y6	\$51/\$61	—	—	38092	—
Private: 6/29-7/2	\$148/\$178	37651	37652	37653	37654
Private: 7/6-7/9	\$148/\$178	37655	37656	37657	37658

Summer Session 2: Evenings

June 29 – July 9: Monday – Thursday (7 Classes; no class 7/8)

CLASS LEVEL	FEE (R/NR)	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$37/\$42	—	37467	—	—	37468
Guppies	\$37/\$42	—	—	—	37485	—
Minnows PS1	\$53/\$63	37519	37520	37521	—	—
Starfish PS2	\$53/\$63	—	37551	—	37552	37553
Seahorse PS3	\$53/\$63	—	37586	37587	37588	—
Otters Y1	\$53/\$63	37622	—	37623	—	37624
Sunfish Y2	\$53/\$63	37827	37828	—	37830	37829
Whales Y3	\$53/\$63	38010	—	38011	38029	38012
Marlins Y4	\$45/\$54	38046	—	38047	38048	—
Dolphins Y5	\$45/\$54	—	38079	—	—	38080
Sharks Y6	\$45/\$54	38101	—	38102	—	—
Private: 6/29-7/2	\$148/\$178	37696	37697	37698	37699	37700
Private: 7/6, 7 & 9	\$111/\$133	37691	37692	37693	37694	37695



Summer Session 3

July 13 – July 23: Monday – Thursday (8 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$42/\$51	—	37461	—	—	—	—	—	37469	—
Guppies	\$42/\$51	—	—	—	37480	—	37486	—	—	37487
Minnows PS1	\$60/\$72	37500	37501	—	37502	37522	37523	—	37524	37525
Starfish PS2	\$60/\$72	—	37539	37541	—	37554	—	37555	37556	—
Seahorse PS3	\$60/\$72	37571	—	37572	37573	—	37589	37590	—	37591
Otters Y1	\$60/\$72	37607	—	37808	37609	37625	37626	—	37627	—
Sunfish Y2	\$60/\$72	37807	37808	—	37809	37831	—	37832	—	37833
Whales Y3	\$60/\$72	37988	38030	37992	38031	38013	38032	38026	38014	38015
Marlins Y4	\$51/\$61	—	38037	38059	—	—	—	38049	—	38050
Dolphins Y5	\$51/\$61	—	—	38070	—	—	38081	38082	—	—
Sharks Y6	\$51/\$61	38093	—	—	—	38103	—	—	38104	—
Private: 7/13-7/16	\$148/\$178	37659	37660	37661	37662	37701	37702	37703	37704	37705
Private: 7/20-7/23	\$148/\$178	37663	37664	37665	37666	37706	37707	37708	37709	37729

Summer Session 4

July 27 – August 6: Monday – Thursday (8 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$42/\$51	—	—	37462	—	—	—	—	37470	—
Guppies	\$42/\$51	—	37481	—	—	—	37488	—	—	—
Minnows PS1	\$60/\$72	37503	—	37504	37505	37526	—	37527	37528	—
Starfish PS2	\$60/\$72	—	37542	37543	—	—	37557	37558	37559	37560
Seahorse PS3	\$60/\$72	37574	—	—	37575	37592	—	37593	—	37594
Otters Y1	\$60/\$72	37610	37611	—	—	37628	—	—	37629	37630
Sunfish Y2	\$60/\$72	—	37810	37811	37812	37834	37835	37976	—	37977
Whales Y3	\$60/\$72	37993	37994	37995	37996	38016	37980	—	38017	38018
Marlins Y4	\$51/\$61	38038	—	—	38060	—	38051	38052	—	38053
Dolphins Y5	\$51/\$61	—	38071	38072	—	—	38083	—	38084	—
Sharks Y6	\$51/\$61	38095	—	—	38094	38105	—	38106	—	—
Private: 7/27-7/30	\$148/\$178	37667	37668	37669	37670	37710	37711	37712	37713	37714
Private: 8/3-8/6	\$148/\$178	37671	37672	37673	37674	37715	37716	37717	37718	37719

Summer Session 5

August 10 – August 20: Monday – Thursday (8 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$42/\$51	—	—	37463	—	—	—	37471	—	37472
Guppies	\$42/\$51	37482	—	—	—	—	—	—	37489	—
Minnows PS1	\$60/\$72	—	37506	—	37507	37512	—	37513	—	37514
Starfish PS2	\$60/\$72	37567	—	37566	—	—	37561	37562	—	—
Seahorse PS3	\$60/\$72	—	37576	—	37577	37595	37596	—	37597	—
Otters Y1	\$60/\$72	—	37612	37613	—	37631	—	37632	—	37633
Sunfish Y2	\$60/\$72	37813	—	—	37814	—	37978	—	37979	—
Whales Y3	\$60/\$72	37997	37998	37999	38000	38019	38020	—	38021	38022
Marlins Y4	\$51/\$61	—	38554	—	—	—	38054	—	38055	38056
Dolphins Y5	\$51/\$61	—	—	38073	—	38085	—	—	—	—
Sharks Y6	\$51/\$61	38097	—	—	38096	—	—	38107	—	—
Private: 8/10-8/3	\$148/\$178	37675	37676	37677	37678	37720	37721	37722	37723	37724
Private: 8/17-8/20	\$148/\$178	37725	38570	38571	38572	37735	37730	37736	37737	37738

Monday & Wednesday Session 1

June 15 – July 6 (6 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$32/\$38	—	37464	—	—
Minnows PS1	\$45/\$54	—	—	—	37533
Seahorse PS3	\$45/\$54	—	37602	—	—
Otters Y1	\$45/\$54	37637	—	—	—
Sunfish Y2	\$45/\$54	—	—	37838	—
Whales Y3	\$45/\$54	—	—	—	38027
Marlins Y4	\$38/\$42	—	—	—	—
Dolphins Y5	\$38/\$42	—	—	38088	—
Sharks Y6	\$38/\$42	38098	—	—	—

Monday & Wednesday Session 2

July 13 – August 5 (8 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Guppies	\$42/\$51	—	37493	—	—
Minnows PS1	\$60/\$72	—	—	—	37508
Starfish PS2	\$60/\$72	37544	—	—	—
Seahorse PS3	\$60/\$72	—	—	37578	—
Otters Y1	\$60/\$72	—	37614	—	—
Sunfish Y2	\$60/\$72	37815	—	—	—
Marlins Y4	\$51/\$61	—	—	38040	—
Sharks Y6	\$51/\$61	—	—	—	38109

Tuesday & Thursday Session 1

June 16 – July 9 (8 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Guppies	\$42/\$51	37483	—	—	—
Minnows PS1	\$60/\$72	—	—	37509	—
Starfish PS2	\$60/\$72	—	37545	—	—
Seahorse PS3	\$60/\$72	—	—	—	37579
Sunfish Y2	\$60/\$72	—	—	—	37816
Whales Y3	\$60/\$72	—	—	38001	—
Marlins Y4	\$51/\$61	—	38041	—	—
Dolphins Y5	\$51/\$61	38074	—	—	—

Tuesday & Thursday Session 2

July 14 – August 6 (8 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$42/\$51	—	37465	—	—
Minnows PS1	\$60/\$72	37510	—	—	—
Starfish PS2	\$60/\$72	—	—	—	37546
Seahorse PS3	\$60/\$72	—	—	37585	—
Otters Y1	\$60/\$72	—	—	37615	—
Whales Y3	\$60/\$72	—	—	—	—
Dolphins Y5	\$51/\$61	—	38202	—	38075
Sharks Y6	\$51/\$61	38111	—	—	—

Saturday Session 1

July 18 – August 8 (4 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM
Pollywogs	\$21/\$25	—	37476	—	37477
Guppies	\$21/\$25	37638	—	37639	—
Minnows PS1	\$30/\$36	—	37731	37732	—
Starfish PS2	\$30/\$36	37540	—	—	37734
Seahorse PS3	\$30/\$36	37600	—	37739	—
Otters Y1	\$30/\$36	—	37740	—	37741
Sunfish Y2	\$30/\$36	37821	—	—	37822
Whales Y3	\$30/\$36	37981	—	37982	—
Marlins Y4	\$26/\$31	—	38065	—	38066
Dolphins Y5	\$26/\$31	—	38089	—	—
Sharks Y6	\$26/\$31	—	—	38110	—
Private	\$148/\$178	38573	38574	38575	38576

Sunday Session 1

May 31 – June 21 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$21/\$25	36688	—	36689	—
Guppies	\$21/\$25	—	36702	—	36703
Minnows PS1	\$30/\$36	36714	36715	36716	36717
Starfish PS2	\$30/\$36	36727	36728	—	36729
Seahorse PS3	\$30/\$36	—	36737	36738	—
Otters Y1	\$30/\$36	36748	—	—	36749
Sunfish Y2	\$30/\$36	36756	—	36757	36758
Whales Y3	\$30/\$36	—	36781	36782	36783
Marlins Y4	\$26/\$31	36791	—	—	—
Dolphins Y5	\$26/\$31	—	36795	—	—
Sharks Y6	\$26/\$31	—	—	36823	—
Private	\$148/\$178	36816	36817	36818	36819



Sunday Session 2

July 12 – August 2 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$21/\$25	—	37473	—	—
Guppies	\$21/\$25	37490	—	—	37491
Minnows PS1	\$30/\$36	—	37529	37530	—
Starfish PS2	\$30/\$36	37563	—	—	37564
Seahorse PS3	\$30/\$36	37598	—	37599	—
Otters Y1	\$30/\$36	—	37634	37635	—
Sunfish Y2	\$30/\$36	37820	—	—	37819
Whales Y3	\$30/\$36	38003	—	38004	—
Marlins Y4	\$26/\$31	—	38057	—	38058
Dolphins Y5	\$26/\$31	—	38076	—	38086
Sharks Y6	\$26/\$31	—	—	38099	—
Private	\$148/\$178	37640	37641	37679	37680

Sunday Session 3

August 9 – August 30 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$21/\$25	37474	—	37475	—
Guppies	\$21/\$25	—	37492	—	—
Minnows PS1	\$30/\$36	37511	—	37531	37532
Starfish PS2	\$30/\$36	—	37565	—	—
Seahorse PS3	\$30/\$36	—	37583	—	37584
Otters Y1	\$30/\$36	37616	—	37617	—
Sunfish Y2	\$30/\$36	—	37817	—	37818
Whales Y3	\$30/\$36	38023	—	38024	38005
Marlins Y4	\$26/\$31	38042	—	38043	—
Dolphins Y5	\$26/\$31	—	38087	—	—
Sharks Y6	\$26/\$31	—	—	—	38108
Private	\$148/\$178	37726	37727	37642	37728





Teen and Adult Swimming Lessons

Whether you want to overcome a lifelong fear of the water, or just want to improve on stroke techniques, this class can help. Instruction is individualized for each student. This class is also ideal for pre-teens who have not yet learned to swim and may not feel comfortable in the regular lesson program. Classes are held rain or shine.

12 Years+

DAY	DATE	TIME	FEE (R/NR)	ACT #
Sun	5/31-6/21	7:00-7:45 PM	\$30/\$36	38257
Tue/Thu	6/23-7/16	7:00-7:45 PM	\$60/\$72	38258
Sun	7/12-8/2	7:00-7:45 PM	\$30/\$36	38260
Sat	7/18-8/8	12:00-12:45 PM	\$30/\$36	38262
Tue, Thu	7/21-8/13	7:00-7:45 PM	\$60/\$72	38259
Sun	8/9-8/30	7:00-7:45 PM	\$30/\$36	38261

Springboard Diving for Beginners

Participants will learn the basics of proper diving, including the approach and takeoff, as well as various dives from the one-meter board.

Prerequisite: Dolphin Y5

12 Years+

DAY	DATE	TIME	FEE (R/NR)	ACT #
Mon/Wed/Fri	6/15-6/26	12:00-1:00 PM	\$54/\$65	38263
Mon, Wed, Fri	6/29-7/10	12:00-1:00 PM	\$54/\$65	38265
Mon/Wed/Fri	7/13-7/24	12:00-1:00 PM	\$54/\$65	38267
Mon/Wed/Fri	7/27-8/7	12:00-1:00 PM	\$54/\$65	38268
Mon, Wed, Fri	8/10-8/21	12:00-1:00 PM	\$54/\$65	38264

COMPETITIVE STROKE LESSONS

Advanced Swimming Techniques

These classes are designed to increase the effectiveness and efficiency of the specific strokes listed for each session. Swimmers will participate in drills and games that focus on the details of each stroke. Participants must be able to swim 25 yards of each class covered in the session. Classes are held rain or shine.

Session 1: Freestyle and Backstroke

June 16 – June 25 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 8 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38269
9 - 12 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38270
13 - 18 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38271

Session 2: Breaststroke and Butterfly

June 30 – July 9 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 8 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38272
9 - 12 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38273
13 - 18 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38274

Session 3: Starts and Turns

July 14 – July 23 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 8 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38275
9 - 12 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38276
13 - 18 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38277

Swimming Endurance and Technique

This class will allow you to extend your swim season a few more weeks. General swimming techniques will be covered, along with some fun activities that help you work on your stroke. Participants must be able to swim 25 yards using any two competitive strokes. Class is held rain or shine.

July 28 – August 6 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
8 - 18 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	38278



GREEN GATORS

Junior Green Gator Swim Team

Participants will learn about competitive swimming in a non-competitive environment. Practices are held 3 times per week, and participants will showcase their improvement during two non-competitive swim meets. Swim meets will be held on July 17 and August 14 at 4:30 PM. This program is designed for children who would like to ease into the competitive swimming environment. Minimum skills include the ability to safely swim 25 yards (one lap of the pool) using any of the four competitive swimming strokes (freestyle, backstroke, breaststroke, or butterfly). **Registration begins on Thursday, March 5 at 6:00 PM.**

June 24 – August 15: Tue, Wed, Thu

AGE	TIME	FEE (R/NR)	ACT #
7 Years & under	10:15 AM-11:00 AM	\$120/\$144	37015
8 & 9 Years	11:00 AM-12:00 PM	\$120/\$144	37016
10 - 12 Years	12:00 PM-1:00 PM	\$120/\$144	37017
8 - 12 Years	5:00 PM-6:00 PM	\$120/\$144	37018

AMERICAN RED CROSS

Lifeguard Training and Title 22

This course provides all of the training necessary to gain employment as a lifeguard. Those completing the program will receive certification in American Red Cross Lifeguard Training (valid two years and includes First Aid), CPR/AED for Lifeguards (valid two years) and Administering Emergency Oxygen (valid one year). This course also includes Title 22—First Aid for Public Safety Personnel, which is a requirement for lifeguards.

Prerequisites: 15 years old on or before the last day of class, ability to swim continuously 300 yards, tread water for 2 minutes using only the legs, and complete a timed brick retrieval.

15 Years+

DATE	DAY	TIME	FEE (R/NR)	ACT #
3/30-4/3	Mon-Fri	8:30 AM-5:30 PM	\$251/\$301	37019
6/15-6/19	Mon-Fri	8:30 AM-5:30 PM	\$251/\$301	37020

Lifeguard Training and Title 22: Blended Learning

The following classes will include 10 hours of online homework in addition to the in-person sessions.

DATE	DAY	TIME	FEE (R/NR)	ACT #
4/11-5/2	Sat	8:30 AM-5:30 PM	\$251/\$301	37021
4/12-5/3	Sun	8:30 AM-5:30 PM	\$251/\$301	37179

Water Safety Instructor Class

A comprehensive course designed to provide you with the knowledge necessary to teach American Red Cross swimming and water safety classes. Students will learn to teach aquatic skills and to address issues common in the teaching environment. Individuals successfully completing this course will be qualified to issue certificates in swimming and water safety. This course includes Fundamentals of Instructor Training (FIT). A pre-course written test and skills test will be given the first class session. Must attend all classes.

16 Years+

DAY	DATE	TIME	FEE (R/NR)	ACT #
5/19-6/6*	Tue, Thu Sat	5:00 PM-8:00 PM 9:00 AM-4:00 PM	\$201/\$241	37024
* no class 5/23				

